

City of Golden Valley Seniors Newsletter

Senior Office • 763-512-2339

August Speakers

Keep your brain active this summer! Join us for these interesting topics:

Personal Response Systems—Thursday, August 2



*1:00PM at Calvary Center Coop, 7600 Golden Valley Road
(Living Wise and Well)*

If you are concerned about falls or medical emergencies, you can have peace of mind that your loved one is safe 24 hours a day with an in-home Companion Service Personal Emergency Response System. In the case of an emergency, your loved one can summon help with just a push of a button. Today, we'll learn what they are, how to use one and see if you need one. *Presented by*

Carrie Oman, ComforCare. FREE.

Home Sellers Guide to A Successful Sale—Thursday, August 16



*10:00AM at Brookview
(Money Matters)*

If you are considering a move in today's economy, you'll want to take the right steps to maximize your biggest return. We will explore the home/condo selling process and discuss in detail the current market conditions. We will also go step by step on how to sell your home, what you need to do to get your home sold, and how to keep yourself out of trouble after the sale. Housing options will also be examined. *Presented by Chris Gemlo, Counselor Realty. Donation for refreshments*

Internet and Smartphone Scams—Wednesday, August 22



*9:45AM at Brookview
(Coffee Talk)*

As we seniors enter the age of "Nana Technology" we see the value and ease of operation of the many new communication devices. We can use some of the many social media platforms to communicate with friends and family any time we want. Facebook, Skype, Twitter and emails are a great way to stay in touch grandchildren and friends in real time anywhere in the world. Along with all this access we need to be aware of the pitfalls and scams that go along with these new technologies. Our mission at the Better Business Bureau of Minnesota and North Dakota is to outline some of the most common scams targeting Internet and Smartphone users today. *Presented by Gary Johnson, Better Business Bureau. Register by August 20 by calling 763-512-2339. **Blood Pressure Screening immediately following speaker.** \$2 payable at the door for refreshments and speaker.*

Thank you to **Golden Valley Rehab & Care Center** for their donation to keep our programs affordable for you.



Find us on the web!



www.goldenvalleymn.gov/recreation

Speaker and Group events

SEPTEMBER SPEAKERS

Stroke—Thursday, September 6

*1:00PM at Calvary Coop
(Living Wise & Well)*



Stroke is the third leading cause of death in the United States with over 143,579 people dying each year in the United States. . On average, every 40 seconds, someone in the United States has a stroke. It is the leading cause of serious, long-term disability in the United States. The estimated direct and indirect cost of stroke for 2009 was \$68.9 billion. Learn about the symptoms and treatment of stroke, plus information on possible prevention. *Presented by Dr. Grande, University of Minnesota*

Leaving A Legacy—TH, September 20

10AM at Brookview

(Money Matters)



Our speaker will discuss how to leave a real legacy: capturing your greatest wealth; your human, spiritual and intellectual assets and passing them on to the next generation and how to make sure *your* wishes are carried out exactly as *you* want. Even if you have an estate plan or a living trust, new laws and often overlooked items make this a must attend talk. *Presented by Chuck Roulet, Attorney, Roulet Law Firm.*

When is it Time to Give Up My License?

Wednesday, September 26

9:45AM at Brookview

(Coffee Talk)



For many of us, being able to drive means independence, mobility and a sense of control. Courage Center's unique program consists of both driver assessment and training through a clinical and in-vehicle evaluation. Learn about this program from *Aida Weber, Occupational Therapist, Licensed Driving Instructor, Courage Center.* **Blood pressure screening immediately following.**

GOLDEN TONES CHORUS KICK OFF



*Thursday, September 20
9:45 AM*

WE'RE BACK! Come and see what we are all about. Practices are Thursdays from 10:30-11:30 AM in the music room at Calvary. We perform monthly at local care centers and senior centers and finish the year with an out-of-town performance. Proven fact - Singing and laughing can add years to your life! Check us out!

Calvary Lutheran Church Fireside Room,
7520 Golden Valley Road

Practice held immediately following kick-off. Chorus meets Thursdays at 10:30 AM

Pedal Pushers



Get out and enjoy the outdoors as we pedal our favorite trails, at your own pace. Rides are 12 -20 miles depending on your speed. Rest and water stops taken during the ride. Call to be placed on the mailing list for specific details on each ride.

T, August 7—City tour with Sgt. Arons

T, August 21—Midtown Greenway/Market

TH, Sept 6—Mendota Trail

T, Sept 18—Dakota Trail

Trails subject to change

Remember When?...with Jan

1:00 p.m.

Dover Hills Apartments

2400 Rhode Island Ave. N

Thursday, August 23 – Remembering what is "Made in Minnesota"

Thursday, September 27 – Remembering Fall Colors

No registration needed-just come!



Painting, Bridge & Exercise Classes

Joy of Painting® the Bob Ross® Method Thursday, October 18



1:00-4:00 PM

All you need is the desire to make beautiful things happen on canvas.

With the *Bob Ross Wet-on-Wet*

Technique® and a little dedicated practice, masterpieces that you never dreamed possible will flow from your brush. Classes are specially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½ -hours you will bring home a landscape ready to frame. Painting displayed in senior room. Taught by certified instructor, Kittie Swanson.

\$60/residents, \$65/non-residents includes all materials.

Register by Oct 8. Code:11547

INTERMEDIATE BRIDGE LESSONS



Fridays, September 7-Nov 2

(no class September 21)

9-10:30 AM

Made for the player who has basic knowledge of the game, sharpen your skills with instructor Dick Welander. \$31 residents/\$36 non-residents.

Code: 11549

ENHANCE FITNESS



Mondays & Wednesdays

11:30 AM-12:30 PM

EnhanceFitness is lively, interactive, and fun! Designed for older adults, these popular group exercise classes feature cardiovascular conditioning, strength training, and balance exercises that help improve flexibility, bone density, and stability. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being. See the results!

August 1-September 12 (no class 9/3)

\$30 residents/\$35 non-residents

CODE: 11221

September 17-October 24

CODE: 11553

FREE to U Care members. NOTE: U Care ID Number required when registering.

TAI CHI for HEALTH & ARTHRITIS-BASIC



Tuesday, Sept 11-October 23

8:30-9:40 AM

This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being.

Great for joint pain relief and fall prevention! Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

\$45/Resident, \$50/Non-resident

Code 11120

TAI CHI for HEALTH & ARTHRITIS 2-MOVING ON



Tuesday, Sept 11-Oct 23

9:45-10:45 AM

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey. Taught by Certified

Instructor Marie Mathay and endorsed by the Arthritis Foundation. Wear comfy clothes.

\$45/Resident, \$50/Non-resident

Code: 11557

Current session information:

Tuesday, June 19-August 28

TAI CHI for HEALTH & ARTHRITIS - ENHANCEMENT



Thursday, Sept 13-Oct 25

8:30-9:30 AM

Add a second day to practice and enhance your Tai Chi experience. This class is for all levels of Tai Chi. NOTE: You must be registered in a Tuesday class to participate in the Enhancement class. Instructor is

Marie Mathay.

\$35/resident, \$40/non-resident

Code: 11550

Medicare & Defensive Driving Classes

Navigating Medicare – Monday, October 8, 2012, 6:30-8:30 PM



Thinking of or getting ready to retire? Are you a family member or a caregiver to someone that has Medicare coverage? Already have Medicare and just want to know what is going on with Medicare? This is a chance for you to learn about the Medicare Adventure. We will discuss Medicare Parts A, B and D coverages. The class is an educational opportunity and not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency. Min: 6/Max 30

\$10 includes instructor fee, class materials and refreshments. NOTE: couples may share materials and pay only one fee.

Last day to register or cancel: October 1. Code: 11546

Medicare Advantage & Part D Presentation – Wednesday, October 31, 10 AM



The Annual Enrollment Period for Medicare Advantage and Drug Plans begins on October 15, 2011 and ends on December 7, 2012 with selections effective on January 1, 2013. Even if you are happy with your current Medicare coverage, it's recommended to check every year to be sure there are no surprises for the New Year.

Get tools and learn what you need to know to be a smart Medicare Plan user and why it is important for you to take advantage of the annual election period. The class is an unbiased educational opportunity and not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency.

Register by October 26 by calling 763-512-2339. Donation for refreshments

Open Insurance & Medicare Answers



It is very important that you review your medical insurance information each year.

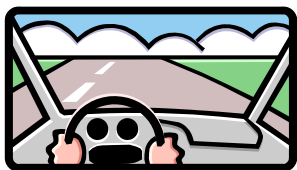
Even if you are satisfied with your current plan, you should check if there is another plan in your area that offers better coverage at a lower price. Now is the time to look at your health

insurance plan and meet with Marsha, our insurance counselor. She is here to aid you in your selection process.

Thursday, August 9, Thursday, September 13, Thursday, October 11

Appointments: 9:00, 10:00 or 11:00 AM. Call 763-512-2339 to make an appointment.

Defensive Driving Course - 4-HOUR COURSE



Thursday, August 9
Thursday, September 13
Thursday, October 11
9 AM-1 PM
\$17/person

8-HOUR COURSE

**Tuesday, October 16 & 23
6-10 PM**

\$18/person

Register with MN Safety Council

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. This course, taught by professional certified instructors, is offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.

Register through the MN Safety Council. Register by mail (make checks payable to "Minnesota Safety Council") and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Indicate the Golden Valley Brookview location or by phone with a Visa or MasterCard, **651-291-9150**. Have your driver's license information handy to complete registration.

The Mary Wanderers One Day Trips

Boat Cruise on Green Lake



Th, September 20

Sit back and enjoy the ride to Willmar, where we will have lunch at the Oak Restaurant.

Nestled between two lakes on Eagle Creek Golf Course, we'll enjoy a petite top sirloin, mixed greens salad, potato, vegetable, rolls and beverage. (Optional menu choice is Chicken Breast with Mushroom Alfredo Cream Sauce). After lunch, we'll travel to Spicer to board the Green Lakes Cruises Houseboat. Our 1½ hour cruise, in the climate-controlled cabin, will give you time to relax and enjoy the gentle breezes of autumn. Be sure to enjoy the cookies and lemonade before departing the houseboat. State menu choice when registering.

\$69 includes lunch, 1½ hour boat cruise, motorcoach and escort.

8:55 a.m. Bus leaves City Hall/Calvary

Return @ 4:45 p.m.

Last day to register or cancel: August 27

Code 11089



Christmas at Mayowood Tuesday, November 13

We arrive at the Olmstead County Historical Center for a brief introduction while enjoying refreshments before driving to the former residence of Drs. Charles H. & Charles W. Mayo, a national historic landmark, situated on a hillside overlooking the Zumbro River Valley. Over 20 rooms have been "adopted" and decorated by area merchants and residents. Notice the Steinway Grand Piano, a 1914 player pipe organ, a Kerman pattern Persian rug, and leaded stained glass doors and windows. NOTE: There is **not** an elevator to the 2nd floor. Our 1:00PM lunch will be at the Hubbell House in Mantorville. The menu: Sirloin Steak, salad, potato, vegetable, rolls, beverage and sherbet. (Optional choice is Baked Chicken) before returning home. State choice at registration.

\$57 includes refreshments, Mayowood entrance, lunch, motorcoach and escort

*7:45 a.m. Bus leaves City Hall and Calvary/
Return @ 4:30 p.m.*

Last day to register or cancel: October 22

Code: 11079

Trempeleau County, WI



Thursday, October 4

Arrive at the historical Nelson Cheese located on the Mississippi River. Enjoy a cup of coffee while you

browse the gourmet food, wine and cheese section of the store. You may want to bring a small cooler for your purchases. Lunch will be at the Trempeleau Hotel. Enjoy the beautiful view of the river as you savor their specialty – the Walnut Burger (option: Classic BLT), served with a cup of homemade soup and a beverage. After lunch, we'll drive down the street to the Lock and Dam Observation Platform. Dessert of freshly baked pie and coffee will be served at the family owned and operated Ecker's Apple Farm after our "Honeycrisp Express" train ride through the orchard. Time to browse the retail area of the orchard before enjoying the colorful fall ride home.

\$67 includes lunch, dessert, "Honeycrisp Express" motorcoach and escort.

7:30 AM Bus leaves City Hall/Calvary

Return @ 6:45 PM

Last day to register or cancel: Sept 17

Code 11093

Perfect Wedding—Old Log Theater Thursday, November 15



The afternoon starts with lunch and then off to the theater for a story about a man who wakes up on the morning of

his wedding with a dreadful hangover, a bump on his head and a stranger in his bed. This sets off a chain of comic disasters—Old Log style! A nonstop, delirious comedy and touching love story.

State menu choice when registering:

Chicken Breast, Smoked Pork Chop, Walleye Pike, Beef Stroganoff, Vegetarian Lasagna. All entrees include Salad, Cheesy Scalloped Potatoes, Vegetable, Dinner Roll.

\$49 includes lunch, coffee/tea, theater ticket, transportation and escort.

*11:30 AM Bus leaves City Hall/Calvary Coop
Return @ 4:15 PM*

Last day to register or cancel: October 31

Code: 11082

Extended Trips

Fall Colors on the Mississippi River—October 15-17 (motorcoach & river cruise)

\$545 per person (2 per room)/\$635 per person (single room)

Includes: Deluxe motorcoach transportation, lodging for 2 nights, meals as indicated:

[C=Coffee Stop, B=Breakfast, L=Lunch, D=Dinner], attractions, gratuities on included meals, and Mary Odell, escort.

Deadline: \$200 deposit per person by August 20.

NOTE: After August 20 payments are NOT refundable. Final Payment Due: Sept. 7

Call for detailed brochure. Travel Insurance available. CODE: 11188

October 15: Leave Golden Valley City Hall at 7:30 a.m. Have coffee and rolls at Trumbles in Albert Lea. In Cedar Falls have lunch at the Happy Barn Restaurant. Continue to Moline and check into the Radisson Commons Hotel. You can spend time at The John Deere Pavilion, located across the street from the hotel. This evening dine (on own) at a variety of nearby restaurants. [C,L]



October 16: Leave early for the Celebration Belle. Depart for the 100-Mile Mississippi River all-day cruise from The Quad Cities to Dubuque, IA in the glorious fall color season. On board chefs prepare three fresh meals right on the boat. Enjoy breakfast, lunch, dinner and snacks. The 800 passenger, Celebration Belle is accessible with an elevator. This is a narrated excursion with the Captain pointing out interesting sites plus onboard activities and exceptional entertainment. Experience locking thru Lock and Dams and see the beauty in the Mississippi River with two observation decks to sit and enjoy the views. Visit the gift shop and stop in the pilot house to say hello to the captain. Disembark in Dubuque, IA and check into the Best Western Plus hotel. [B,L,D]



October 17: Have breakfast at the hotel. Tour the Vesterheim Norwegian-American Museum, which houses over 24,000 artifacts, including large samplings from the fine, decorative, and folk arts. There is a collection of 12 historic buildings on the site. Have lunch at the Hotel Winneshiek in Decorah, IA. The hotel has been restored to its turn-of-the-century grandeur with an airy, three-story atrium. A snack stop (on your own) before returning to Golden Valley @ 6:00 p.m. [B,L]



Bayfield, WI, Old Rittenhouse Inn, Holiday Dinner Concert-December 4-5



\$330 per person (2 per room)/\$365 per person (1 per room) **CODE 11189**

Includes: Deluxe coach transportation, Lodging for 1 night, Meals as indicated by [C-coffee, B-breakfast, L-lunch, D-dinner], Attractions as outlined, Gratuities on included meals and attractions, escort, Mary Odell.

Deadline: \$100 per person by Monday, October 15.

NOTE: After October 15, payments are not refundable. Final Payment Due: October 29, 2012.

December 4: Coffee stop, light lunch in Ashland, WI, tour of Murals in downtown Ashland, Bayfield shopping. Check into Bayfield's new Legendary Waters Hotel, on the shores of Lake Superior with a restaurant, indoor swimming pool, fitness center, with a casino adjacent to the hotel. Five-course dinner at the Old Rittenhouse Inn Wassail Dinner Concert. (The word Wassail once meant a special holiday non-alcoholic drink) with festive holiday music by the Rittenhouse Chamber Singers. [C,L,D]

December 5: Light breakfast at the Legendary Waters Hotel, riding tour of Bayfield, with a local guide. Conclude the tour at Le Chateau Boutin, a sprawling lakefront home built in 1908. Enjoy lunch and bid adieu to this unique area. Enjoy the carefree ride home with a quick snack stop (on your own). Return to Golden Valley at approximately 5:00 p.m. [B,L]

Trips, Opportunities, Information

Meandering with Mary



For Golden Valley Senior members (dues must be current) our small bus takes us to wonderful local places, all favorites of Mary and Jeanne.

NOTE: Bus is not lift-equipped.

9:30 AM Bus at Calvary Coop & Apts

9:35 AM Golden Valley City Hall

10 AM-3 PM Mary stops and return to GV

Tuesday, August 7—Code 11081

We're hitting the East Side for breakfast, a tour of an historic residence and a "Mary treat" stop. Cost: \$8 includes tour, bus, escort. All other costs are on your own. Last day to register/cancel: July 18

Friday, September 7—Code 11541

We're "roaming" this western town and shopping for the best deals—antiques, clothing, purses and more! Lots of places for coffee, lunch and treats. Cost: \$8 includes tour, bus, escort. All other costs are on your own. Last day to register/cancel: August 24

Mondays with Mary



Join Mary on Mondays at 9:30 a.m. to work on projects for Ambassador Care Center, GV Rehab & Care Center, Dinner At Your Door, Senior Dining and Golden Valley Seniors. We'll supply the materials and coffee. "The more the Mary-ier."

FREE BLOOD PRESSURE SCREENING

Wednesday, August 22

Wednesday, September 26

11:00-11:30 AM

Brookview Community Center

No appointment needed! Provided by Ambassador Care Center staff.



Happy Feet Foot Care Clinic

763-560-5136



The clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a towel to dry your feet and your medical history with medications on your first visit.

Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. *If you need to cancel, you must call Happy Feet at least 24 hours in advance, or you will be charged.*

Tuesday, August 14 & 21

Tuesday, September 11 & 18

Tuesday, October 9 & 16

Fee: \$32. Payable to *Happy Feet Footcare, Inc.* and due at time of service

Cards & Groups

Bridge:

Thursdays, 6:30 PM

Fridays, 9:00 AM

Cribbage—Tuesdays, 1 PM

Dominoes—Mondays, 1 PM

Euchre—Thursdays, 1 PM

500—Wednesdays, 1 PM

Jigsaw Puzzle during Center hours

All groups meet at Brookview. Join us.

BOWLING AT TEXA-TONKA LANES



8200 Minnetonka Boulevard

12:15 PM every Tuesday

Men and Women are welcome to join us when you can.

Senior Dining - 612-269-8462



provides a delicious noon meal at Calvary Lutheran Church, 7520 Golden Valley Rd. A donation of \$3.50 is requested, but no one will be denied a meal. Take out meals are also available. Call Tom from 9 AM-1 PM for reservations and questions.

5 Cities Transportation Groups 763-531-1259

Call Five Cities Transportation at 763-531-1259 to register at least one week in advance, unless noted.

Pre-registration required for all trips. Home pick-ups available on a limited basis.

If you have a reservation & cannot attend, please inform the Five Cities office.

Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28.

Pay the driver with cash or check made payable to "Prism"

Fare for Special Destination trips: \$7 cash for round-trip transportation or two punches from the bus pass.

No one will be denied a ride if unable to pay the full fare. Please contact the Five Cities office for information.

A minimum of 12 riders required for Special Destination trips.

BRUNCH BUNCH



Order off the menu and pay with credit card or cash. Individual checks with tax and tip will be given. Bus picks up 9:30-10:30 a.m. Exact times given by 5 Cities staff.

T, Aug 28—Sarna's Grill. Reservations begin August 1

T, Sept 25—Dock Café. Reservations begin August 31

T, Oct 23—

GOLDEN VALLEY, Crystal, New Hope, Robbinsdale and Brooklyn Center residents—do your shopping with us! We'll stop at your home or apartment complex and take you to Cub, Target, Wal-Mart and more.

Call **763-531-1259** to receive a schedule.



SPECIAL DESTINATION OUTINGS. Special Destination fare of \$7 or two punches from the bus pass applies to these outings. Bus Fee *only* is paid to driver day of trip. *Bus is not lift-equipped.*

Minnesota Landscape Arboretum - Thursday, August 16

Upon arrival, we'll enjoy a narrated tram tour along the scenic 3 mile loop. After the tour you'll have time for lunch and exploring on your own. All purchases are on your own. **Cost:** \$10 includes admission, a tram seat, and a 10% gift store coupon. *Special Destination fare applies. Lunch cost/purchases are on your own. Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Payment is due at time of registration. Refunds allowed **up to** the deadline date and are subject to a \$5 service fee.* 11:00 AM Bus leaves Golden Valley City Hall/3:00 PM Depart for home. Last day to register/cancel: August 6

Baker Park Tram and Lunch—Wednesday, September 26

Stop for lunch (on your own) at the Choo Choo Restaurant, on our way to Baker Park Reserve in Medina. Autumn's colors will unfold on the guided tram tour of Baker Park. The open-sided tram winds through the park on a 10-kilometer paved bike trail. After the tram ride enjoy a cup of coffee in the Baker Near-Wilderness Settlement lodge. **Cost** \$12/person includes tram ride, tour, coffee and escort. *Special Destination fare applies. Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Payment is due at time of registration. Refunds allowed **up to** the deadline date and are subject to a \$5 service fee.* 11:30 AM Bus leaves Golden Valley City Hall/4:00 PM Depart for home. Last day to register/cancel: Sept 19

"Tornado Alley" at the Science Museum – Tuesday, October 16

Tornado Alley will take you on an epic chase through the "severe weather capital of the world." The film follows Storm Chasers star Sean Casey and the scientists of VORTEX2, the largest tornado-research project ever assembled, on separate missions to encounter one of Earth's most awe-inspiring events—the birth of a tornado. **Cost:** \$TBD includes museum admission and exhibit, Omnitheatre film, coffee break and escort. *Special Destination fare applies. Lunch cost/purchases are on your own. Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Payment is due at time of registration. Refunds allowed **up to** the deadline date and are subject to a \$5 service fee.* 9:30 AM Bus leaves Golden Valley City Hall/3:00 PM Depart for home. Last day to register/cancel: Oct. 1

Landmark Center Concert—November 8. Enjoy the concert and then have lunch at Anita's Cafe at the Landmark Center (on your own). Special destination fare applies. Register with 5 Cities by November 1. 11:00 AM Bus leaves Golden Valley City Hall/2:30 PM approximate return

"The Greatest Christmas Pageant Ever" and Poinsettia Exhibit - December 7, 2012

Fee: \$10 includes theater ticket, Como exhibit and escort. *Special Destination fare applies. Lunch cost/purchases are on your own. Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Refunds allowed **up to** the deadline date and are subject to a \$5 service fee.* 9:00 AM Bus leaves GV City Hall/3:00 PM approximate return. Last day to register or cancel: November 2, 2012

For Your Information

It's More Than Just A Ride!



5 Cities Transportation 763-531-1259

Available for your grocery and shopping needs, the bus will pick you up at your apartment or home, if you live in Golden Valley, to go to:

Cub Foods—Wednesdays

Wal-Mart – 2nd Tuesday

Target – 4th Friday

And other destinations.

Call the 5 Cities Office to be placed on the mailing list for the Golden Valley schedule.

FARE: The suggested fares are \$4 cash or \$3.50 for the punch pass round trip. Purchase a 4 round-trip ride pass for \$14 or an 8 round-trip ride pass for \$28. Pay the driver with cash or check made payable to "Prism."

PRISM Express—763-529-1252



is the curb-to-curb bus for medical appointments, personal shopping, banking, nursing home visits, etc. within the service area. A \$7/ round trip donation is suggested. Call M-TH from 9-4 for info or to schedule a ride at least 3 working days in advance.

HOME—952-746-4046



This program matches skilled workers (paid and volunteer) with those who need help with lawn mowing, raking, snow shoveling, cleaning windows, house cleaning and minor repairs.

COMMUNITY PHONE NUMBERS

5 Cities Transportation—763-531-1259

Dinner At Your Door—763-531-1183

Fare For All—763-540-3880

Golden Valley Seniors 763-512-2339

HOME North—952-746-4046

LinkVet Hotline—1-888-546-5838

PRISM Express—763-529-1252

Senior Dining—612-269-8462

Senior Linkage Line—1-800-333-2433

Senior Outreach—952-746-4028

Store to Door—651-642-1892

AUGSBURG COLLEGE OF THE THIRD AGE PRESENTS:

"Churches and Castles of Europe" Dr. Joyce Fullard

"Saturday, August 18, 2012

This presentation will introduce us to British and European churches and castles. The beautiful visual demonstration will be accompanied by a discussion of these types of architecture and the history surrounding them.

"Binocular Astronomy" William Arden

Saturday, August 25, 2012

You can see a lot of interesting objects in the night sky without a telescope - if you know where to look. We'll discuss how to use typical binoculars to find some sights that are just out of reach of the naked eye.

"Hebrew Prophets Today" Dr. Duane Addison

Saturday, September 22

In this course we will have a conversation about selected Old Testament prophets, looking at their times, their persons and their words by using Jewish and Christian guides. These amazing people disturb and inspire with a very contemporary message.

Augsburg College Faculty, current and retired, are the presenters. Always interesting and thought-provoking.

Hosted by: Parkshore Senior Community Assisted Living
3633 Park Center Blvd

St. Louis Park, MN 55416

Community Room – Lower Level

2:30-3:30 p.m.

FREE! No reservations needed



SENIOR LINKAGE LINE – 1-800-333-2433



Call us first with your questions. Our staff and volunteers have access to local, state and national information. If we can't answer your question, we'll give you the number of someone who can.

Senior Community Services Outreach Program – 952-746-4028

Senior Outreach provides in-home counseling and case management to individuals and their families to help older people remain independent.

Widowed Support Group meets every Sat.



at the New Hope Country Kitchen, 42nd & Winnetka, at 2 PM and the 1st Thursday of the month at Evans Nordby Funeral Home, 6000 Brooklyn Boulevard at 1:30PM. For information call Helga at 763-561-5697. Join us!



**200 Brookview Parkway S.
Golden Valley, MN 55426-1364**

**PRSRT STD
US Postage
PAID
Permit 1659
Twin Cities MN**

Golden Valley Registration Form—2012

First & Last Name: _____

Address: _____ **Home Phone:** _____

City: _____ **State:** _____ **Zip:** _____ **Work Phone:** _____

Emergency Contact Name & Phone (if different from above): _____

Special Needs, Disabilities, or Allergies we should be aware of: _____

Participant's First Name	Trip/Activity	Trip or Activity Code	Pick-up Site	Fee

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

PAYMENT TYPE:

(☐) Cash (☐) Check # _____
(Checks payable to: City of Golden Valley)
(☐) VISA (☐) MasterCard

Card #: _____

Expiration Date: _____

Signature for credit card payment:

TOTAL DUE: _____

OFFICE USE ONLY

FA \$ _____

GC \$ _____

Fee Paid: _____

Date: _____

Rec'd By: _____